

## 3. Survival and First Aid

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Fundamental knowledge varies from region to region - depending on terrain, weather or other unique circumstances. When flying, assume the worst case scenario (e.g., depart Houston [flat, hot, humid] to fly to Alpine [mountainous, cool, dry]). Prepare thoroughly and include the items that you may need should an incident occur.

### 3.1 *Survival equipment*

As a minimum, aircraft on CAP flights should carry:

- First aid kit and manual.
- Water.
- Rations, such as MRE's (Meal Ready to Eat).
- Matches.
- Flotation device(s) if flying over water.
- Compass.
- Signal panels (CAPR 55-1, covered in coordination w/ GRD Teams).
- Signal mirror.
- Knife.

It's a very good idea to carry a personal survival kit. There is no official definition for the items in such a kit, but the following list could be considered the minimum essential items:

- High quality pocket knife with at least two cutting blades.
- Pocket compass.
- Plastic or metallic container.
- Waterproof kitchen-type matches (cushion heads against friction), or
- Waterproof matches rolled in paraffin-soaked muslin in an easily opened container such as small soapbox, toothbrush case, or match safe.
- Needles - sailmakers, surgeons, and darning - at least one of each.
- Assorted fishhooks in heavy foil, tin, or plastic holders.
- Sun block lotion, SPF 15 or greater.
- Snare wire - small shank.

- High-quality needle-nosed pliers with side cutters.
- Bar surgical soap or hand soap containing physohex.
- Small fire starter of pyrophoric metal (some plastic match cases have a strip of the metal anchored on the bottom outside of the case).
- Personal medicines.
- Water purification tablets.
- Bandages.
- Insect repellent stick.
- Chapstick.

In addition, here are some good-to-have items:

- Pen-gun and flares.
- Colored cloth or scarf for signaling.
- Stick-type skin dye (for camouflage).
- Plastic water bottle.
- Flexible saw (wire saw).
- Sharpening stone.
- Safety pins (several sizes).
- Travel razor.
- Small steel mirror.
- 6" flat bastard file.
- Aluminum foil.

There's never a shortage of ideas for survival equipment, but there's always a shortage of space. Depending on the amount of space you have available, here are some more ideas:

- Toothbrush - small type.
- Surgical tape.
- Prophylactics (make good waterproof containers and/or canteens).
- Penlight with batteries.
- Fishing line.
- Fishing line monofilament.
- Code card (Morse code).
- Emergency ration can opener (can be taped shut and strung on dog tag chain).
- Split shot - for fishing sinkers.
- Gill net.
- Small, high quality candles.

In addition to the first aid kit carried on the aircraft, you might consider the following items for an individual medical kit:

- Sterile gauze compress bandage.
- Anti-biotic ointment (Neomycin, polymycin, bacitracin, ophthalmic ointment is good).
- Tincture of zephrine - skin antiseptic.
- Aspirin tablets.
- Salt tablets.
- If you “regularly” use medication, which is prescribed by your flight surgeon or physician, you should include an additional supply in your personal medical kit. This should be discussed with and procured from your personal physician.

## **3.2 Urgent care**

If you are prepared to help others, you will be better able to care for yourself in case of injury. Even if your condition is so bad that you are unable to care for yourself, you can direct others in the correct procedures. The first, most important measures to take in the event of an accident are:

- Ensure the victim has an open airway and has a pulse.
- Control severe bleeding.
- Move the person if they are in a hazardous situation (e.g., fire, water, smoke, or toxic fumes).

The following procedures provide additional directions once emergency measures have been taken to ensure the victim's safety:

- Do not move the victim unless it is necessary for safety.
- Do not let the victim get up and walk around.
- Protect the victim from unnecessary manipulation and disturbance.
- Avoid or overcome chilling by using blankets or covers.
- Determine injuries.
- Administer required first aid.
- Plan actions according to the nature of the injury, the needs of situation and the availability of human and material resources.
- Remain in charge until the victim can be turned over to qualified persons.
- Know the limits of your capabilities and make every effort to avoid further injury to the victim in your attempt to provide the best possible emergency care.